

WEEKLY MENU

WEEK No. 1 BREAKFAST



**The Duke of York's
Royal Military School**
A co-educational boarding school for students aged 11-18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>HOT OPTION</i>	<i>Scrambled Eggs Bacon, Beans, Hash Browns, Tomato</i>	<i>Fried Eggs Sausage, Fried Potato, Beans Mushroom</i>	<i>Scrambled Eggs Bacon, Beans, Hash Browns, Tomato</i>	<i>Fried Eggs Sausage, Fried Potato, Beans Mushroom</i>	<i>Scrambled Eggs Bacon, Beans, Hash Browns, Tomato</i>	<i>Fried Eggs Sausage, Fried Potato, Beans Mushroom</i>	<i>Scrambled Eggs, Bacon, Beans, Hash Browns, Tomato</i>
<i>THE BAKERY SELECTION</i>	<i>English Muffins</i>	<i>Croissants</i>	<i>Pancake with syrup</i>	<i>Crumpets</i>	<i>Pain au Chocolate</i>	<i>Bagel</i>	<i>Mixed Pastries</i>
<i>PORRIDGE BAR</i>	<i>Fresh hot porridge made with dairy free milk with a choice of toppings</i>						
<i>CEREAL BAR</i>	<i>A selection of high fibre and wholegrain cereals with semi skimmed and dairy free milk options</i>						
<i>DECK FRIDGES</i>	<i>Yoghurt pots Fruit smoothies</i>	<i>Yoghurt pots Fruit pots</i>	<i>Yoghurt pots Fruit pots</i>	<i>Yoghurt pots Fruit smoothies</i>	<i>Yoghurt pots Fruit pots</i>	<i>Yoghurt pots Fruit pots</i>	<i>Yoghurt pots Fruit pots</i>
<i>TOASTER</i>	<i>Selection of white, brown and whole meal sliced breads, jams, marmalade and spreads</i>	<i>Selection of white, brown and whole meal sliced breads, jams, marmalade and spreads</i>	<i>Selection of white, brown and whole meal sliced breads, jams, marmalade and spreads</i>	<i>Selection of white, brown and whole meal sliced breads, jams, marmalade and spreads</i>	<i>Selection of white, brown and whole meal sliced breads, jams, marmalade and spreads</i>	<i>Selection of white, brown and whole meal sliced breads, jams, marmalade and spreads</i>	<i>Selection of white, brown and whole meal sliced breads, jams, marmalade and spreads</i>

WEEKLY MENU

WEEK No. 1 LUNCH



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN OPTIONS	Chargrilled Harissa Spiced Chicken	Hand Carved Honey Glazed Gammon	Traditional Beef Lasagne, Tomato and Cheesy Crust	Katsu Chicken	FISHY FRIDAY Hand Battered Crispy Fish or Butcher Pork Sausage	SATURDAY LUNCH TIME DELI Selection of Deli Sandwiches and Wraps Pork Sausage Roll Potato of the Day BBQ Beans Salad bar	Brunch Bar
VEGETARIAN	Super Veggie and Turtle Bean Chili	Baked Frittatas, Tomato and leafy Green Vegetables Herb Salsa	Aubergine, Spinach Courgette Lasagne, Tomato and Cheesy Crust	Spinach Broccoli Cheese Pastry Pie Tzatziki Dressing	Hand Battered Crispy Veggie Sausage		Bacon, sausage, Egg, Beans, Mushroom Hash browns Vegi Sausage Bacon and Egg Filled Muffin
ON THE SIDE	Herby Couscous New Potatoes Roasted Courgette and Onions	Roasted Potatoes Rosemary Roasted Carrots and Roots	Garlic Bread Slice Smashed Baby Potatoes Green Beans and Baked Ratatouille	Pilau Rice, Peas Corn and Stir-Fried Cabbage Katsu Sauce	Chips Mushy Peas Garden Peas Tartar Sauce		
LITE BITES/SNACKS	Daily lite bites bar with baked sweet and Jacket potatoes, fresh cooked pasta of the day with a choice of toppings and sauces.						
SALAD BAR	Freshly made daily salad bar with super salads, seeds and dressings						
DESSERT	White Chocolate Chip Cake	Victoria Sponge	Rice Krispie Bar	Chocolate Cake	Ice Cream	Chef's pick N mix selection	
SOUP STATION	Selection of homemade soups over the week with daily baked bread selection, toasted seeds and croutons						
DECK FRIDGE	Fresh cut fruit pots Fruity yoghurt pots Chilled cold dessert pot	Fresh cut fruit pots Fruity yoghurt pots Jelly pots	Fresh cut fruit pots Fruity yoghurt pots Chilled cold dessert pot	Fresh cut fruit pots Fruity yoghurt pots Jelly pots	Fresh cut fruit pots Fruity yoghurt pots Chilled cold dessert pot	Cut fruit platter Fruity yoghurt pots Jelly pots	Fresh cut fruit pots Fruity yoghurt pots Chilled cold dessert pot

WEEKLY MENU

WEEK No. 1 SUPPER



**The Duke of York's
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STREET FOOD INTERNATIONAL FLAVOURS	Balsamic Beef Stew	Beef Enchiladas	Thai Pork Satay (Nut free)	Oven Baked Spanish Paella with Mixed Meat	SMOKEY JOE'S MAC N CHEESE BAR	TAKE AWAY NIGHT WOK IN A BOX Ready to go GRAB N GO boxes filled with noodle or fried rice	Traditional Sunday Roast Yorkshire Pudding
VEGETARIAN OPTION	Cauliflower, Chickpea Lentil	Spiced Vegan Enchiladas	Vegetable Satay	Paella with Roasted Veggies	Thick and creamy cheddar sauce with a choice of meat and veggie toppings	Topped with crispy chicken or fried vegetables	Cauliflower Cheese Filo Tarts
ON THE SIDE	Carrots, broccoli Veggie mash	Potato wedges BBQ beans	Steamed Rice Spring Rolls Asian cucumber Salad Asian Slaw	Patatas Bravas courgettes, carrots	Blackened cajun broccoli, corn cobs	Sweet chili or sweet and sour sauce	Roast Parsnips, Carrots and Sweet Potato Roast Potatoes
REFUEL STATION	High protein fibre, sports REFUEL bar, pastas, hash, sauces and toppers						
SOUP	Daily soup, with mix of proteins, shredded vegetables, sauce, spices and seeds						
DESSERT	Condensed Milk Blondie	Cookie Dough Bars	Crumble Bar	Doughnuts	Cookies	Chef's Pix n Mix Selection	Apple Crumble with Custard
DECK FRIDGE	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection

